

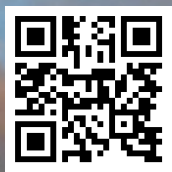
Trip Planner

National Park Service
U.S. Department of the Interior

Cape Cod National Seashore



Seasonal listings of activities, events, and ranger programs are available at seashore visitor centers. Scan the QR code to access the park’s online calendar.



NPS/Kekoa Rosehill

As of press time in May 2021, Cape Cod National Seashore operations continue to be affected by COVID-19. The health and safety of the public and seashore staff, and the protection of park resources remain our highest priorities. Some services are curtailed, and some facilities are closed.

This is an evolving situation, and conditions may change. Federal guidelines may differ from local and state guidelines, and masks and social distance may continue to be required under certain situations. Check the seashore’s website before your visit or check in with seashore staff on arrival to get the latest guidance.

For the most up-to-date information on seashore operations, check the seashore’s website, www.nps.gov/caco/planyourvisit/conditions.htm or check with rangers staffing outdoor information stations at Salt Pond and Province Lands visitor centers. Scan the QR code for a link to the Current Conditions webpage.



Park Information

Cape Cod National Seashore
99 Marconi Site Road
Wellfleet, MA 02667
Superintendent: Brian Carlstrom
Email: caco_information@nps.gov

Park Headquarters, Wellfleet
508-771-2144
Fax: 508-349-9052

Nauset Ranger Station, Eastham
508-255-2112

Race Point Ranger Station, Provincetown
508-487-2100

Salt Pond Visitor Center

Open daily from 9 am to 4:30 pm (later during the summer)

Visitor center operations may be adjusted due to the pandemic.

This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; a park store; and regularly scheduled films in the theater. Exhibits showcase the Outer Cape’s location in the Gulf of Maine ecosystem and stories of people. Restrooms are available in the parking area. The Nauset Marsh and Buttonbush trails and the Nauset Bicycle Trail are nearby. 50 Nauset Road, Eastham. 508-255-3421

Getting to the Park

Cape Cod National Seashore is located about 100 miles south of Boston using Route 3, and about 105 miles east of Providence using Interstate 195. Cape Cod is accessed using either the Sagamore Bridge at the northeast end of the Cape Cod Canal, or the Bourne Bridge at the southwest end of the Cape Cod Canal. A passenger ferry runs between Boston and Provincetown seasonally.

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Oversand Office at Race Point Ranger Station
Open April 15 through November 15
Route Information:
508-487-2100, ext. 0926
Permit Information:
508-487-2100, ext. 0927

North Atlantic Coastal Lab
508-487-3262

Emergencies: 911

<https://www.nps.gov/caco>

Province Lands Visitor Center

Open daily from 9 am to 5 pm, spring to fall

Visitor center operations may be adjusted due to the pandemic.

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree dune and ocean views; a park store; and showings of park orientation films. Exhibits showcase the nature and history of the Province Lands. Whales are often viewable from here. Restrooms are available in the parking area. The Province Lands Bicycle Trail and Race Point Beach are nearby. 171 Race Point Road, Provincetown. 508-487-1256

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Superintendent’s Message

Like all national parks, Cape Cod National Seashore is a treasure that belongs to all of us! The Outer Cape has long been a prime vacation destination. It is important to recognize it as the homeland of the First People, the Wampanoag. These first residents honored the land and water. Their descendants continue to live here, practicing traditional ways of life, and partnering with the seashore to enrich the sharing of these stories. We can show our respect for the Wampanoag, and for all who will come after us, by continuing the practice of caring for this special place. Thank you for all big and small actions you take to help us meet this goal.



We are starting to see a return to ‘normal’ as we emerge from the global COVID-19 Pandemic. Through it all the national seashore’s beaches and trails have remained open. We had over 4 million visits in 2020, a strong indication of how much the national seashore and its abundant resources and recreational opportunities mean to us all. Summer 2021 will be transitional, with fewer restrictions than in 2020, and moving toward pre-pandemic experiences. All six seashore beaches will have lifeguards again. Rangers are offering outdoor information and trip planning service at Salt Pond and Province Lands visitor centers, the America’s National Parks store at Salt Pond is open, and there will be a gradual increase in ranger-guided programs. Some public buildings are closed out of an abundance of caution for everyone’s safety. We ask for respect and understanding toward the COVID concerns of others, as well as patience around those activities we wish would resume more quickly. We will get through this together, perhaps with positive lessons we can apply to our daily lives.

Many facility improvements were made over the past year. Look for restroom upgrades at Salt Pond Visitor Center and at Coast Guard, Marconi, and Race Point beaches, and new vault toilets at Hemenway Landing, Beech Forest, Little Creek, and Herring Cove. A new accessible ramp was installed at Province Lands Visitor Center. Construction is proceeding on the new Nauset Light Beach bathhouse complex, with an expected completion date in summer 2021. Anticipate parking impacts during construction. The major rehabilitation of Highland Light should be completed in the fall, and we’re nearing completion of septic system upgrades to protect water resources in the Marconi and Salt Pond areas. We are putting your entrance fees and tax dollars to work to ensure resources are protected, facilities are in good condition, we can sustain them into the future, and you can continue to enjoy the national seashore.

Your safety is our highest priority. Keep recreating responsibly and doing your part to reduce COVID exposure. Observe safety messages in this Trip Planner and at seashore locations, especially beaches and bike trails. Seek out our staff if you have questions or concerns, and please let us know if there’s anything we can do to improve your seashore experience.

Brian Carlstrom, Park Superintendent

General Information

Fees are charged at national seashore beaches from late spring to early fall. Seasonal and annual passes are available for purchase at beach entrance booths during operating hours. **Passes are not issued or sold at seashore visitor centers.** Interagency passes are available for purchase online at store.usgs.gov/pass

Beach Entrance Fees	
Private Vehicle	\$25
Motorcycle	\$20
Per Person	\$15
Annual Passes	
Cape Cod National Seashore	\$60
Interagency (Multiple Federal Areas)	\$80
Interagency Senior (Age 62+)	\$20
Lifetime Passes	
Interagency Senior (Age 62+)	\$80
Interagency Access Pass (Permanently Disabled)	Free
U.S. Military Pass	
Annual Pass for US Military, Veterans, and Gold Star Families Available to active US military members and dependents in the military, veterans of the armed forces, and Gold Star Families. (Must be obtained in person. Read more about eligibility requirements: https://www.nps.gov/caco/planyourvisit/fees.htm)	Free
Fees are charged and passes are available late spring-early fall.	

Beach Campfire Permits

A limited number of campfire permits per day, per national seashore-managed beach, may be reserved up to **three days** in advance in person or by phone. For fires at Coast Guard, Nauset Light, and Marconi beaches, reserve a permit at Salt Pond Visitor Center in Eastham. For fires at Head of the Meadow, Race Point, and Herring Cove beaches, reserve at Province Lands Visitor Center in Provincetown. Fire permits for ORV permit-holders are issued by the Oversand Station. Permits are free and available beginning at 9 am each day. Those reserving in person are given preference over people reserving by phone. Demand usually exceeds the number of permits available, and lines form early. **Permits for Nauset Light Beach may be limited due to constuction.**

NEW IN 2021: Permits will be issued at the time of reservation, eliminating the need to return to the visitor center to pick up the permit on the day of the fire. Permits are issued to an adult who will be at the fire. When reserving, a vehicle license plate number, local address and contact number, and number of people attending the fire are required. Fires may be cancelled and permits nullified in the event of high wind, extreme high tide, or other factors. Maintain social distance and wear masks where distance between you and others can’t be achieved, such as on beach paths.

How to Reserve a Fire Permit:	For a fire on:	Wed	Thurs	Fri	Sat	Sun	Mon	Tues
	Reserve on:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Safety and Park Regulations



National Park Service rangers provide assistance and enforce regulations that protect you and the national seashore.

- Observe the following:
- Do not disturb natural or cultural features including wildlife; all are protected by federal law
 - Do not feed wildlife.
 - Keep trails, roadsides, and other areas clean.
 - Use trash receptacles and recycle bins, or take trash with you.

- Glass containers, flotation devices (rafts, rubber tubes), snorkels, and masks are prohibited on lifeguard-protected beaches.
- Public nudity is prohibited.
- Surfing, windsurfing, and stand-up paddleboarding are permitted in waters outside lifeguard-protected areas.
- Possession or use of metal detectors is prohibited.
- Permits are required for all beach fires. They may be obtained on a first-come, first-served basis at Salt Pond Visitor Center in Eastham, the Province Lands Visitor Center in Provincetown, and the Oversand Station at Race Point. Do not bury coals. (See campfire information above.)
- Sand collapses easily. Climbing steep slopes and digging deep holes above knee level are hazardous and are prohibited.
- Swim only where there are lifeguards, and obey their directions. Lifeguard-protected beaches are marked with signs.

- Be alert for rip currents and underwater obstacles. Keep children within reach.
- Use sunscreen to avoid sunburn. Use a waterproof sunscreen if you intend to go swimming.
- Smoking, including electronic cigarettes, is prohibited on protected swimming beaches when lifeguards are on duty.
- Drones are prohibited in the national seashore.
- Biking is prohibited on seashore beaches.
- Kite surfing is permitted at Duck Harbor on the bay side in Wellfleet, and in a posted 1¼-mile section of ocean beach between the north end of the lifeguarded section of Coast Guard Beach, and a point north of the lifeguarded section of Nauset Light Beach.

For more information about park regulations, check the Superintendent’s Compendium, available at: go.nps.gov/caco_compendium

Beach Safety

- Beach warning flags:**
During the summer a colored flag is flown at the head lifeguard chair. A sign at each beach describes the meaning of each color.
- GREEN: Low Hazard. Calm Conditions.
 - YELLOW: Medium Hazard. Moderate Surf and/or Currents.
 - RED: High Hazard. High Surf and/or Strong Currents.
 - RED WITH NO-SWIM SYMBOL: Water Closed to the Public
 - PURPLE: Dangerous Marine Life.
 - PURPLE WITH SHARK: Caution! White Sharks Feed in These Waters.

- Placing your beach gear:**
Do not settle in front of an on-duty lifeguard chair or one that is soon to be opened. This area must be kept clear for equipment. Stay out of this area to avoid an accident or delay a rescue. **During COVID-19, maintain 12 feet of distance from other groups.**
- When you hear a whistle:**
Lifeguards will signal swimmers when they are in or approaching a hazardous area or because they are swimming too far out for adequate supervision.
- Rip currents are dangerous:**
A rip current can carry a swimmer out from shore and be difficult to swim against. Do not panic if you get caught in one. Do not tire yourself out trying to swim against it. Normally, they are not wide. Swim parallel to the shore a short distance, then swim to the shore out of the current. Look for the “Break the Grip of the Rip” sign located at each beach.



Accessibility

Park trails near Doane Rock in Eastham and the Marconi Station Site in Wellfleet have been surfaced to accommodate wheelchairs. The Buttonbush Trail is available for people with impaired vision. Some park publications also have large-print versions. The park brochure is available in a free audio described format for Apple devices on the App Store, and for Android Devices on Google Play. Park films have captions and audio descriptions. Coast Guard and Herring Cove beaches provide accessible parking, restrooms, changing facilities, and beach wheelchairs. Herring Cove Beach features showers that accommodate wheelchairs. Coast Guard Beach in Eastham, and Race Point and Herring Cove beaches in Provincetown have Mobi-Mat access for wheelchairs.

Beaches

Coast Guard Beach, Eastham Located at the end of Doane Road. Summer access via shuttle from Little Creek parking area. Coast Guard Beach is popular with families. Access is relatively gentle, and beach wheelchairs and Mobi-Mat are available in summer. Nauset Marsh and the historic Coast Guard station (not open to the public) are located nearby. The Nauset Bicycle Trail terminates at Coast Guard Beach. During COVID-19, masks may be required on trams.	Marconi Beach, Wellfleet Located at the end of Marconi Beach Road. This beach is situated in front of a steep glacial scarp and has stair access only. It is popular with surfers. The historic Marconi Station Site and the Atlantic White Cedar Swamp Trail are nearby.	Race Point Beach, Provincetown Located at the end of Race Point Road. Access to this beach is over a tall dune. Mobi-Mat is provided. This is a popular destination for whale watching from shore and for sunset viewing. Old Harbor Life-Saving Station and Province Lands Visitor Center are located nearby. The Province Lands Bicycle Trail has a spur to Race Point Beach.
Nauset Light Beach, Eastham Located 1 mile north of Coast Guard Beach on Ocean View Drive at the intersection of Cable Road. This broad, sandy beach is situated in front of a steep glacial scarp. A hard-packed path leads from the parking lot down to the beach. Nauset Light and the Three Sisters Lighthouses are located nearby. Construction may impact beach parking in 2021.	Head of the Meadow Beach, Truro Located at the end of Head of the Meadow Road. Access to this broad, sandy beach is over a tall dune. Waves are typically gentler here than at Marconi and Nauset Light beaches. This beach often has seaweed and large populations of seals nearby. The Head of the Meadow Bicycle Trail runs between this beach and High Head and extends to Coast Guard Road.	Herring Cove Beach, Provincetown Located on Province Lands Road by the end of Route 6. This beach has easy access and fully accessible facilities. Beach wheelchairs and Mobi-Mat are available in summer. Gentle surf makes this beach popular with families. It’s known for its views of Race Point Light, sunsets, and spring whale watching. There is a seasonal snack bar. The Province Lands Bike Trail has a spur to Herring Cove Beach.
NPS/ROBBY MCQUEENEY		

Beach Parking Lot Trends

Coast Guard Beach/Little Creek Tram, Eastham: (368 spaces) Tram parking area fills on most holiday weekends; moderate turnover. Beach access via Little Creek Tram and parking area, a half-mile away. Drop-off and pickup of passengers and belongings at the beach are PROHIBITED. Limited accessible parking (state-issued plate or placard required) is available at the Coast Guard station parking area. **During COVID-19, masks may be required on trams.**

Nauset Light Beach, Eastham: (98 spaces) Public parking area fills by 10 am daily during the summer; minimal turnover. Drop-off and pickup of passengers and belongings at the beach are PROHIBITED. **Construction may impact beach parking in 2021.**

Marconi Beach, Wellfleet: (530 spaces) Parking area fills during weekends and some weekdays during July and August; moderate turnover.

Head of the Meadow Beach, Truro: (285 spaces) Parking area rarely fills.

Race Point Beach, Provincetown: (360 spaces) Parking area rarely fills during June and July. When the parking area does fill, it is usually 1 to 2 hours after Herring Cove fills. Access is also available on the Provincetown/North Truro Shuttle with \$10 park entrance fee. Additional information about the Provincetown/North Truro Shuttle is available on page 8.

Herring Cove Beach, Provincetown: (578 spaces) Parking area rarely fills in June. Parking area fills occasionally in July and August; moderate turnover after 1 pm. Access is also available on the Provincetown/North Truro Shuttle with a \$15 per person park entrance fee. Children 16 and under are free. Seasonal snack bar. Additional information about the Provincetown/North Truro Shuttle is available on page 8.

Sharks



Cape Cod’s waters are part of a natural and wild marine ecosystem with a rich diversity of sea life, including sharks. Seals are the major prey species for the great white shark, and as the seal population increases, great white sharks have become more numerous. In recent years there have been confirmed reports of great white sharks feeding on seals close to shore as well as great white shark sightings from spotter planes flying along the Outer Cape near swimming beaches.

People have been seriously injured and killed by white sharks along this coastline.

- Be shark smart. To stay safe and to protect wildlife:**
- Be aware sharks hunt for seals in shallow water.
 - Stay close to shore where rescuers can reach you.
 - Swim, paddle, kayak, and surf in groups. Don’t isolate yourself.
 - Avoid areas where seals are present.
 - Avoid areas where schools of fish are visible.
 - Avoid murky or low-visibility water.
 - Limit splashing.
 - Follow all signage and flag warnings at beaches and instructions of the lifeguards.

- Shark sightings:**
- Notify a lifeguard if a shark is spotted.
 - Water will be temporarily closed to recreational activities.
 - Beachgoers will be notified when they can reenter the water.

To learn more:
Massachusetts Shark Research Program
Division of Marine Fisheries
www.mass.gov/marinefisheries

Atlantic White Shark Conservancy
www.atlanticwhiteshark.org
Download the Sharktivity App

For additional information, visit the Cape Cod National Seashore website at:
go.nps.gov/sharksmart

Seals



Once hunted to near extinction, seals are now protected under the Marine Mammal Protection Act and National Park Service regulations. They are often spotted swimming along the Outer Beach, and at some locations, hundreds of seals may haul out at low tide to rest on sandbars.

The heads of gray seals have a horse-like appearance. Males are dark brown, gray, or black with small, lighter spots. Females are tan or light gray with darker spots. Males may be 8 feet long and weigh over 700 pounds. Females reach 6.5 feet and weigh up to 450 pounds. Harbor seals have small heads, very large eyes, and a face that resembles a cocker spaniel. They are about 5 feet long and weigh 250 pounds. They have leopard-like spots on dark gray or tan coats.

Seals are semi-aquatic and often spend part of each day on land. Young seals may haul out on land to rest for up to a week. Many seals have scratch marks and scars from hauling out; this is no cause for alarm. Seals consume a variety of fish, shellfish, and crustaceans. They do not eat on land.

- It is against the law to disturb or harass seals. To protect the seals and avoid a fine or jail time:**
- Remain at least 150 feet from seals and observe with binoculars. Move farther back if seals begin vocalizing or entering the water.
 - Keep pets on a leash. This is a national seashore regulation. Dogs are likely to startle a resting seal, causing an aggressive, defensive response that might injure your pet, you, or the seal.
 - Do not approach swimming or resting seals by boat or on a board. Kayaks, canoes, and stand-up paddleboards can elicit an alarm response and cause seals to rapidly enter the water.
 - Do not swim among seals. Seals can scratch and bite. Also, they are an important prey species for great white sharks that inhabit these waters.
 - Seals that are on land are likely resting and warming themselves. Splashing or pouring water on them is a form of harassment.

If you see an entangled, sick, or injured seal, call 866-755-6622 or 508-743-9548.

Shorebirds



Piping plovers (*Charadrius melodus*) are small shorebirds that winter along the southeast coast of the United States. Each spring, they return to Cape Cod to establish territories and form pairs. Starting in April and extending into summer, plovers build their nests and lay eggs above the high-tide line, usually in front of the dunes. Their nests, called “scrapes,” are little more than shallow depressions made directly in the sand.

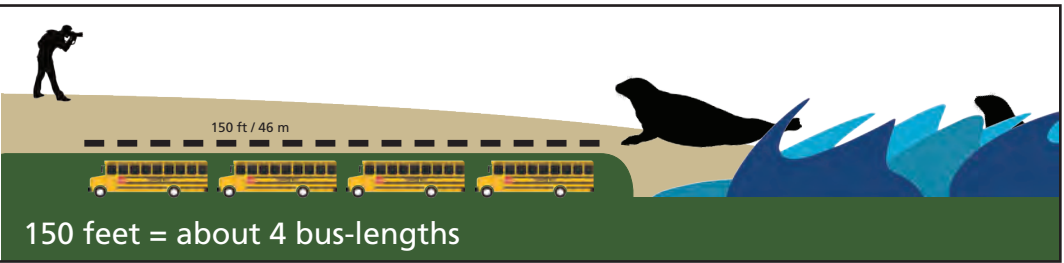
The female typically lays four eggs that the male and female take turns incubating. The eggs hatch in about 25 days, and within hours of hatching, the tiny, downy chicks begin learning how to search for food. Plovers feed by running and darting to catch insects, amphipods, and other invertebrates found on the surface of the sand and mudflats or living amid the washed-up seaweed and marsh grass at the high-tide line.

Piping plovers blend into their surroundings to avoid detection by predators. When real or perceived predators approach too closely, an adult bird will run down the beach dragging its wing, as if injured, or call loudly as a distraction. Although this behavior may prevent eggs and chicks from being eaten, it leaves them vulnerable to cold or over-heating. For chicks, the stress of running for cover burns calories needed for growth and maturation.

- Sharing the beach with shorebirds is easy if you know how:**
- Follow staff directions and posted signs.
 - Comply with dog restrictions. Seashore regulations require that dogs be on a leash no more than 6 feet long at all times.
 - Don’t feed wildlife or leave food scraps or trash on the beach; this attracts predators.
 - Follow established pedestrian detours. In most cases you’ll be able to continue your beach walk without disturbing birds.
 - Set up your beach blanket several meters away from posts and strings (symbolic fencing) placed along nesting habitat. The prolonged presence of people near these areas causes disturbance. If possible, set up in an area that does not have symbolic fencing.
 - Be aware of park regulations about boat landing and kite flying. If you’re uncertain, check at a park visitor center or the Race Point Oversand Station.
 - Bring your binoculars and field guide to observe and enjoy these birds from a distance.

Sometimes the best relationship is a long-distance relationship

To keep wildlife wild, and for your safety, keep back at least 150 feet. Disturbing seals is against federal law.



Hiking and Biking Trails

Detailed brochures available at the visitor centers.

Trail Name	Trailhead Location	Description	Difficulty	Pets
Fort Hill Trail 1-mile loop	70 Fort Hill Road in Eastham.	This loop trail crosses open fields and connects with the Red Maple Swamp Trail.	Easy; solid surface; some log steps on slopes.	No pets.
Red Maple Swamp Trail 0.8-mile round trip	Accessed from the Fort Hill Trail and Hemenway Landing in Eastham.	Boardwalk sections of this trail meander through the heart of the Red Maple Swamp.	Moderate; boardwalk.	No pets.
Nauset Marsh Trail 1.3-mile loop 1.5-mile spur	Adjacent to the Salt Pond Visitor Center amphitheater, 50 Nauset Road, off Route 6 in Eastham.	This trail winds along the edge of Salt Pond and Nauset Marsh, crosses fields, and returns to the Salt Pond Visitor Center through a recovering forest. There is a 1.5-mile spur connecting to Coast Guard Beach.	Easy; some log steps; moderate grade.	No pets.
Buttonbush Trail 0.3-mile loop	50 Nauset Road, off Route 6 in Eastham.	This loop trail includes braille signage interactive features as it winds through forest and wetland.	Easy; some log steps on the second half of the trail; moderate grade.	No pets.
Doane Trail 0.6-mile loop	One mile east of Salt Pond Visitor Center on Nauset Road in Eastham.	This paved, wheelchair-accessible loop trail winds through an emerging pine and oak forest. Two-hour parking limit.	Easy; wheelchair-accessible grade (also good for strollers).	No pets.
Atlantic White Cedar Swamp Trail 1.2-mile loop	195 Marconi Station Road in Wellfleet.	This trail leads to a boardwalk that winds through the picturesque Atlantic White Cedar Swamp.	Moderate; some steep stairs; return route is 0.5 miles in soft sand; a portion of this trail is boardwalk.	No pets.
Great Island Trail 3.9 to 8.8-mile round trip	Corner of Griffin Island and Chequessett Neck roads in Wellfleet.	This trail follows sandy stretches between the elevated heights of Great Island and Great Beach Hill.	Difficult; mostly soft sand; portions are submerged at high tide.	Limited leashed pet areas.
Pamet Area Trails 0.6 miles each way, plus extensions	111 North Pamet Road in Truro.	Bearberry Hill overlooks offer spectacular views of the Pamet landscape, with views of the Atlantic and the glacial terrain of the Pamet River valley.	Moderate; log steps; steep grade to overlook. No restrooms.	No pets.
Small’s Swamp Trail 0.6-mile loop	Off Route 6 in Truro at the Pilgrim Heights area sign. Walks begin at the covered shelter.	Former farmland. Gradually, the soil gave out, farms were abandoned, and the landscape began its slow recovery.	Easy; some log steps; moderate grade; short boardwalk surface.	No pets.
Pilgrim Spring Trail, 0.7-mile loop		This short loop trail winds through the recovering pine and oak forest.	Easy; some log steps; moderate grade.	No pets.
Beech Forest Trail 1-mile loop	36 Race Point Road in Provincetown.	Journey into the heart of a picturesque beech forest, and enjoy great birding opportunities.	Easy; extension loop has steep log steps; some soft sand.	No pets.
Nauset Bicycle Trail 1.6 miles	50 Nauset Road, off Route 6, Doane picnic area (2-hour parking), or Coast Guard Beach in Eastham (seasonal fees).	This bike path connects the Salt Pond Visitor Center, Doane picnic area, and Coast Guard Beach.	Intermediate; some hills; paved surface.	Leashed pets allowed November 1 -April 30.
Head of the Meadow Bicycle Trail 2 miles, plus .8 mile connector	End of High Head Road in Truro (2-hour limit), or Head of the Meadow Beach (seasonal fees).	This 2-mile bike trail connects the dirt parking lot at High Head Road to Head of the Meadow Beach. A .8 mike connector trail leads to Coast Guard Road, Truro.	Easy; some surfaces may be bumpy, use caution. May encounter biting insects.	Leashed pets allowed year-round.
Province Lands Bicycle Trail 5.45-mile loop 1.1-mile spur 0.5-mile spur 0.25-mile spur	Province Lands Visitor Center, Herring Cove Beach (seasonal fees), Race Point Beach (seasonal fees), or the Beech Forest parking lot in Provincetown.	This trail loops around the Province Lands, passing through pine forests, sandy dunes, and low-lying cranberry bogs. There are connections to both Herring Cove (1.1-mile spur) and Race Point (0.5-mile spur) beaches, as well as Bennett Pond (0.25-mile spur).	Advanced-intermediate; steep hills, sharp turns, tunnels.	Leashed pets allowed November 1 -April 30.

NPS/ROBBY MCQUEENEY

Trail Safety and Regulations

B.A.R.K. Ranger Program

Hiking:

- There are trail guides available at most trailheads and visitor centers.
- Weather can change quickly. Check the weather forecast before you go.
- Wear proper footwear that is comfortable and durable.
- Tell somebody your hiking plans. If hiking in a group, designate a meeting location in case you get separated.
- Bring water and food.
- Stay on the trail.
- Mosquitoes and ticks are prevalent and capable of transmitting serious diseases. Use repellent and wear long pants and sleeves to reduce exposure. Remain on trails to avoid ticks. When mosquitoes are present, curtail evening activities to reduce exposure. Heed posted advisories.
- Pets are never allowed on any of the self-guided hiking trails except where indicated under the trail description.

Bicycling:

- Always wear a helmet when riding a bike. Massachusetts law requires all persons 16 years of age and under to wear a helmet.
- Always ride single file to the right.
- Announce yourself when passing other trail users from behind; pass on the left.
- Don’t speed.
- Stay on bike trails.
- Be alert for hills, sharp turns, and other users.
- Beware of trail hazards, which could include: sand, standing water, bumps in the pavement,

- and low-hanging branches.
- Walk bicycles through tunnels and under-passes.
- Biking off-trail is prohibited except on designated fire roads.
- Bicycles are never allowed on any of the self-guided hiking trails.
- Bicycles of any type are not allowed on beaches.

Pets:


Pets must be on a leash no longer than 6 feet at all times and are permitted only in the following locations:

- All fire roads within Cape Cod National Seashore;
- Head of the Meadow Bicycle Trail year round and Province Lands and Nauset bike trails, November 1-April 30;
- Freshwater ponds (beaches and water), October 16-May 14;
- Cape Cod National Seashore ocean beaches except as follows:
 - During the summer, pets are not permitted on lifeguard-protected beaches. However, leashed pets are permitted to pass through lifeguard protected areas to reach areas where they may otherwise be allowed. If there are shorebird closures on or beyond lifeguard-protected beaches, pets are not allowed to walk through.
 - During shorebird nesting, staging, and migrating periods, pets are not permitted in posted locations. Passing through these areas is prohibited.

Do you enjoy exploring Cape Cod National Seashore with your canine friend? Review and follow the B.A.R.K. rules while visiting, say the pledge, and earn the Virtual B.A.R.K. Ranger Badge or ID card!

- B- Bag Your Poop
- A- Always Wear a Leash
- R- Respect Wildlife
- K- Know Where To Go

Visit our website to become a virtual B.A.R.K. Ranger or stop by a visitor center to earn your B.A.R.K. Ranger ID card! go.nps.gov/caco-pets




The Official NPS App is HERE

Get *more* out of your visit!

Download Now

Download on the App Store GET IT ON Google Play



Historic Buildings

Buildings may be closed due to COVID-19.



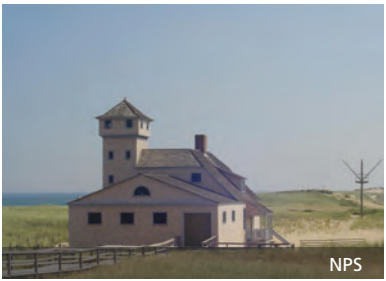
Penniman House
Eastham
70 Fort Hill Road.
The Penniman House, completed in 1868, was styled after the French Second-Empire period. It included every known comfort of the day and many innovative ideas. The Captain Edward Penniman family enjoyed this fine home for nearly 100 years. Seasonal tours. Limited parking.



Pamet Cranberry Bog House
Truro
86 North Pamet Road.
Originally constructed around 1830, the Bog House is located among former cranberry bogs in the Pamet Valley. It supported cranberry harvesting that occurred there until the 1960s. Views of the house can be seen from atop Bearberry Hill. Limited parking.



Atwood-Higgins House
Wellfleet
269 Bound Brook Island Road.
The Atwood-Higgins House is a fine example of a properly framed Cape Cod cottage, which grew from a half-house in the early 1700s to a full-Cape with eight rooms by the 19th century. The oldest house owned by the national seashore, it is flanked by an eclectic collection of later-vintage buildings. Seasonal tours. Limited parking.



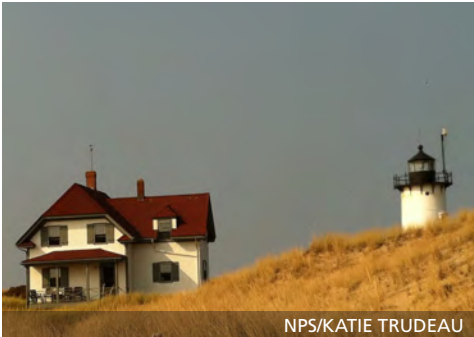
Old Harbor Life-Saving Station
Provincetown
191 Race Point Road.
At Old Harbor, the National Park Service interprets the dramatic story of shipwrecks and the role of the U.S. Life-Saving Service in preventing shipwrecks and performing rescues. Seasonal open houses. *Beach fee may apply.*



Highland House
Truro
27 Highland Light Road.
The Highland House Museum occupies the Highland House, originally a hotel built in 1907. A visit provides insight into the people of Truro dating back to early European settlers and the native people who preceded them. 508-487-3397. *Open seasonally and operated by the Truro Historical Society.* www.trurohistorical.org

Area Lighthouses

Map of lighthouse locations located on page 8. Lighthouses may be closed due to COVID-19.



Race Point Light, Provincetown
The first Race Point Light was erected in 1816. The current lighthouse and keeper's house date from 1876. *Grounds accessible by hiking from Race Point Beach or Hatches Harbor.* www.racepointlighthouse.org



Long Point Light, Provincetown
This light at the entrance to Provincetown Harbor was first lit in 1827. The lighthouse and keeper's cottage were rebuilt in 1875. *Not open for tours. Caution: Hazardous conditions possible along breakwater. Summer boat service from MacMillan Wharf.*



Nauset Light, Eastham
Nauset Light was built as one of the Chatham Twin Lights in 1877 and was relocated to Eastham in 1923. The tower and keeper's house were moved back from the eroding shoreline to this site in 1996. *Open seasonally and operated by the Nauset Light Preservation Society.* www.nausetlight.org



Chatham Light, Chatham
Chatham Light was built in 1808 as two brick towers with a keeper's house. Two lights were used to distinguish it from the single light at Truro's Highland Light. It is maintained by the United States Coast Guard.



Wood End Light, Provincetown
A twin to Long Point Light guarding the entrance to Provincetown Harbor, Wood End Light is located toward the end of the breakwater. *Not open for tours. Caution: Hazardous conditions possible along breakwater. Summer boat service from MacMillan Wharf.*



Highland Light, North Truro
Also known as Cape Cod Light, Highland Light was the first light seen on a voyage from Europe to Boston. In 1798, Highland was the first Cape Cod lighthouse built. The tower is closed for rehabilitation until 2022. The Keeper's House store and exhibits are open seasonally and operated by Eastern National, Inc. www.highlandlighthouse.org.



Three Sisters, Eastham
The original brick Three Sisters were built in 1838 to differentiate the location from Chatham and Highland. The brick towers were threatened by erosion, and these wooden ones replaced them in 1892, and were eventually relocated here in the 1980s. Located on Cable Road, a short walk from Nauset Light Beach. Limited parking at Three Sisters. *Seasonal tours.*



Monomoy Point Light, Chatham
The first Monomoy Light was erected in 1823 and rebuilt in 1849 with cast-iron plates lined with brick. Monomoy is now part of the Monomoy National Wildlife Refuge of the US Fish & Wildlife Service. The island is accessible only by boat at the end of 5-mile-long South Monomoy Island.

Reduce, Reuse, Recycle!



Water Bottle Filling Stations
Help us make a difference—please refill your water bottle at one of our many filtered bottle filling stations located throughout the national seashore.

Thank you to CARE for the Cape and Islands and Friends of the Cape Cod National Seashore for funding the purchase of many of the park's filling station.

Note: The filling station inside Salt Pond Visitor Center is available all year. Other stations are available from late spring to early fall.




Do Your Part to Keep Our Beaches Clean
Cape Cod National Seashore is cutting back on waste with our beach recycling bins. Recycling reduces our pollution and greenhouse gas emissions. Do your part and recycle. Recycling bins are now located at all beaches.

Local Area Information

Chambers of Commerce

Cape Cod Chamber of Commerce: 5 Patti Page Way, Centerville Website: www.capecodchamber.org Email: info@capecodchamber.org Phone: 508-362-3225		
Chatham: 2377 Main Street, Chatham www.chathaminfo.com Email: chamber@chathaminfo.com Phone: 800-715-5567 Info Booth: 508-945-5199	Eastham: 4730 Route 6, Eastham www.easthamchamber.com Email: info@easthamchamber.com Phone: 508-240-7211 Info Booth: 508-255-3444	Truro: Route 6 at Head of the Meadow Road, North Truro www.trurochamberofcommerce.com Email: info@trurochamberofcommerce.com Phone: 508-487-1288
Orleans: Eldredge Park Way at Route 6A, and 44 Main Street, Orleans www.orleanscapecod.org Email: info@orleanscapecod.org Phone: 508-255-7203 Info Booth: 508-255-1386	Wellfleet: 1410 Route 6, Wellfleet www.wellfleetchamber.com Email: info@wellfleetchamber.com Phone: 508-349-2510	Provincetown: 307 Commercial Street, Provincetown www.ptownchamber.com Email: info@ptownchamber.com Phone: 508-487-3424

Tours and Services

<i>This listing was accurate at press time. It is provided as a service and not an endorsement. Some of these businesses have Commercial Use Authorizations to provide services in the national seashore. Visit: go.nps.gov/caco-current-authorizations</i>		
Bicycle Rentals: Idle Times: 188 Bracket Road, Eastham, 508-255-8281 2616 State Highway, Wellfleet, 508-349-9161 29 Main Street, Orleans, 508-240-1122 Little Capistrano: 30 Salt Pond Road, Eastham, 508-255-6515 1446 State Highway, Wellfleet, 508-349-2363 Arnold's, 329 Commercial Street, Provincetown, 508-487-0844 Gale Force, 144 Bradford Street Ext., Provincetown, 508-487-4849 The Bike Shack, 63 Shank Painter Road, Provincetown, 508-487-0232 Ptown Bikes, 42 Bradford Street, Provincetown, 508-487-8735 Provincetown Bike Rentals, 136 Bradford Street, Provincetown, 774-447-4539	Dune Tours in Provincetown: Art's Dune Tours, 4 Standish Street, Provincetown, 508-487-1950 Kayak and Boat Rentals: Goose Hummock, 15 Route 6A, Orleans, 508-255-0455 Jack's Boat Rental, 2616 State Highway, Wellfleet, 508-349-9808 Wellfleet Marine, 25 Holbrook Avenue, Wellfleet, 508-349-6417 Flyer's Boat Rental, 131 Commercial Street, Provincetown, 508-487-0898 Provincetown Aquasports, 333R Commercial Street, Provincetown, 508-413-9563 Surfing/Stand-Up Paddleboarding Lessons: Fun Seekers, 774-722-0764, www.funseekers.org Sickday, Inc., 3 West Main Street, Wellfleet, 508-214-4158, www.sickday.cc Sugar Surf Cape Cod, 508-240-4166, www.sugarsurfcapcod.com Emanate Surf Project, 971-236-2628, www.emanatesurfproject.com Eco Tours: Great Marsh Kayak Tours, 508-470-4971 Blue Claw Boat Tours, Orleans, 508-240-5783 Wellfleet Bay Wildlife Sanctuary, Wellfleet, 508-349-2615 Center for Coastal Studies, 5 Holway Avenue, Provincetown, 508-487-3622 Campgrounds: Nickerson State Park, Brewster, 508-896-3491	Atlantic Oaks, 3700 State Highway, Eastham, 508-255-1437 Maurice's, 80 State Highway, Unit 1, Wellfleet, 508-349-2029 Wellfleet Hollow State Campground, 180 Old Kings Highway, Wellfleet, MA DCR, 508-349-3007 Truro Hostel, North Pamet Road, Truro, 508-349-3889 www.hiusa.org/truro Adventure Bound Camping Resorts: 508-487-1847 • North Truro Campground, 46 Highland Road • Horton's Campground, 71 Highland Road, North Truro North of Highland, 52 Head of the Meadow Road, North Truro, 508-487-1191 Coastal Acres, 76R Bayberry Avenue, Provincetown, 508-487-1700 Dune's Edge, 386 State Highway, Provincetown, 508-487-9815
This listing is updated periodically.		
		

Concessions and Vacation Rentals

			
Herring Cove Snack Bar, Herring Cove Beach, Province Lands Road, Provincetown <i>Operated by Far Land on the Beach</i> This food and beverage service is open from Memorial Day through Columbus Day. Herring Cove Beach is relatively gentle and ideal for families. View Race Point Light while you look for whales, which are common in spring. www.facebook.com/Far-Land-on-the-Beach-1592264207694243/	Highland Links Golf Course, 10 Highland Light Road, North Truro, 508-487-9201 <i>Operated by Johnson Golf Management</i> One of Cape Cod's oldest golf courses, Highland Links is perched high along windswept bluffs overlooking the Atlantic Ocean. Founded about 1892-1898, Highland Links has seen more than 100 years of golf. www.highlandlinkscapecod.com	Vacation Rentals Offered by Cape Cod National Seashore 508-957-0736 Looking for a place to stay on your next trip to Cape Cod? We've got you covered, from remote locations off the beaten path to cottages with commanding ocean views and within walking distance of beaches with great surf. Funds collected from these rentals directly support Cape Cod National Seashore. https://www.recreation.gov/camping/gateways/2607	Nauset Beach Inn, 237 Beach Road, Orleans, 508-255-2364 <i>Operated by CJNL Inc.</i> Every room commands a superb view of the great outer beach and the ever-changing sea. Relish the taste of the ocean air, the sound of the breaking surf, and one of the best views on Cape Cod. www.nausetbeachinn.com

Get Involved

Friends of the Cape Cod National Seashore



Love the Seashore? Join the Friends of the Cape Cod National Seashore

Whether you are here for a day or consider yourself a year-rounder, the richness of the Cape Cod National Seashore will touch your heart. The sparkle of sunrise on Great Beach waters, the peace of kayaking, or considering the migration of the smallest and largest creatures will stay with you.

Friends of the Cape Cod National Seashore (FCCNS) shares your sense of joy and wonder. For more than 30 years, FCCNS has committed money, brainpower, and energy to this special place. If you have enjoyed the ponds within the park, Eastham’s Penniman House, the Red Maple Swamp Trail, or Provincetown’s Old Harbor Life-Saving Station, you have benefited from our members’ donations and our fundraising within the community of people who care about the national seashore.

The challenges ahead include the effects of climate change and maintenance needs that outstrip federal budget allocations. FCCNS approaches these challenges strategically, viewing them as opportunities to make a difference in a place we love. FCCNS welcomes and appreciates your financial commitment. In addition, you may want to work in the park. Volunteer opportunities abound. Some members clear trails or join in the hard work of controlled burns, eliminating invasive brush and trees. Their labors take them all over the park!

Others develop interests in particular aspects of the seashore. For example, volunteers have developed expertise in natural history and seal behavior in response to the presence of seals hauling out at low tide. The sharing of that knowledge with the public leads to seal viewing experiences that are safe for both the seals and the visitors they attract.

We also recruit volunteers with skills that strengthen FCCNS, including community outreach, writing, and fundraising.

Whatever the task, it embodies the FCCNS mission: To support the educational, environmental, cultural, recreational, and scientific purposes of the Cape Cod National Seashore.

Join us!

FCCNS is the not-for-profit 501 (c) (3) fundraising partner of the Cape Cod National Seashore. Visit fccns.org



Additional Park Partners



A private, nonprofit organization that provides quality educational products and services to park visitors. Proceeds are donated directly to Cape Cod National Seashore to support interpretive and educational programs.



The mission of the CCS is to understand and protect our coastal environment and marine ecosystems. Located in Provincetown, CCS collaborates with the national seashore on research projects that help park managers better understand and protect park resources. www.coastalstudies.org



Payomet is one of Cape Cod’s leading presenters of performing arts, including professionally staged theater productions. Located at the Highlands Center in Truro, Payomet’s mission is to produce exciting professional live music, circus, theatre, and humanities events rooted in strong social values. www.payomet.org



This national service movement engages Americans of different ages and backgrounds in service to our nation’s communities. Focus areas include education, literacy, public safety, the environment, and disaster response. Corps members at the national seashore support park planning and resource protection. www.americorpscaped.org

Many other partners support Cape Cod National Seashore. These include organizations that preserve historic buildings and provide public access, such as Truro Historical Society, Nauset Light Preservation Society, Cape Cod Modern House Trust, Provincetown Community Compact, Peaked Hill Trust, and the Outer Cape Artist in Residency Consortium.

Become a Seashore Volunteer!

VIPs—Volunteers in Parks—bring passion and expertise to nearly all national seashore operations, from trail maintenance and resource protection activities, to engaging the public at historic buildings and visitor center information desks. Meet new people, gain insights into the national seashore, and participate in meaningful activities that benefit the public and park resources.



<https://www.nps.gov/caco/getinvolved/volunteer.htm>

Healthy Parks, Healthy People

The National Park Service’s *Healthy Parks Healthy People* program advances the concept that parks can serve as cornerstones of people’s mental, physical, and spiritual health, social well-being, and sustainability of the planet. The program, in partnership with Cape Cod Healthcare, connects people to parks through health promotion, fosters society’s understanding and appreciation for the life-sustaining role of parks, and creates the next generation of park stewards.



Join Cape Cod National Seashore and Cape Cod Healthcare at our annual Healthy Parks Healthy People Ride and Run for Heart Health on September 18, 2021. For information about this program, visit: www.capecodhealth.org/healthyparks

Calling All Kids - Become a Junior Ranger!

Youngsters between the ages of 5 and 12 (and older!) are invited to join a growing group of young people interested in learning about the national seashore and ways they can help protect it in the future. To get started, stop by Salt Pond or Province Lands visitor centers to obtain free program materials. Requirements to earn a patch or badge include attending a ranger-guided activity (or substitute activity from fall through spring) and completing activities designed to build understanding of the national seashore’s natural and cultural resources. It may take a day or more to complete the program requirements.



Interested in exploring even more? Ask at a visitor center to borrow an Explorer Pack. The packs are full of guides and tools for in-depth investigation into the science and history of the national seashore.



Park and Local Area Map

Rules of the Road

MOTORIST WARNING

Wear your seat belt. It's the LAW.
Massachusetts state law provides pedestrians the right of way in a crosswalk.
Be aware of pedestrians, bicyclists, and other park users, and share the road.

Public Transportation

Cape Cod Regional Transit Authority (CCRTA)

The *Flex* bus picks up and drops off passengers at designated stops and also “flexes” off its route up to ¼ of a mile by reservation.
The *Flex* bus travels from Brewster on Route 6A, down Route 6 through the towns of Orleans, Eastham, Wellfleet, and Truro, to Provincetown. It connects to the *H2O Line* at Stop & Shop, Orleans, and in the summer, to the Provincetown/ North Truro Shuttle at Highland Road, Truro, and Stop & Shop in Provincetown, with Hyannis as its destination.
Flex also connects with the Plymouth & Brockton bus service to Boston.

Fares: \$2 one way per person for adults and youth; \$1 for 60 and older, and for people with disabilities. Day and monthly passes are available.
Website for schedules: www.capecodtransit.org

Cape Flyer Bring your bike for FREE! Weekends from Memorial Day through Labor Day, travel comfortably by train from Boston’s South Station to Hyannis. See more at www.capeflyer.com.

Ferry Information:

- Martha’s Vineyard and Nantucket
- Steamship Authority www.steamshipauthority.com
- Hyline Cruises www.hylinecruises.com/
- Freedom Cruise Lines www.nantucketislandferry.com
- Provincetown
- Bay State Cruises www.baystatecruisecompany.com
- Boston Harbor Cruises www.bostonharborcruises.com/provincetown-ferry

Visit Us Online

Website: www.nps.gov/caco
Facebook: @CapeCodNPS
Instagram: @CapeCodNPS
Twitter: @CapeCodNPS
YouTube: @CapeCodNationalSeashore

